

Mie Goreng

Equipment:



several clean tea towels



chopping board



large knife



grater (optional)



vegetable peeler



several small bowls



mortar and pestle



large mixing bowl



whisk



large saucepan



colander



large wok

Equipment (continued):



wooden spoon or
wok implement



serving platter/s

Ingredients:



12 spring onions



2 carrots



8 cloves garlic



1 fresh chilli



8 snake beans



1 capsicum



500 g bok choy or
Asian greens



400 g tofu
or chicken



8 eggs

Ingredients (continued):



1 quantity basic
egg noodles or
300 g dry egg
noodles



6 tablespoons
vegetable oil



2 cups bean
sprouts



2 tablespoons
sweet chilli sauce



2 tablespoons
palm sugar



salt to taste



large handful of
mixed Asian herbs



2 limes

What to do:



Chop the roots off the spring onions.



Peel off any damaged outer leaves. If there is any sand or dirt on the spring onions, give them a rinse in fresh water. Shake them dry.



If the ends of the spring onions don't look fresh, cut them off.



Cut the spring onions into diagonal slices. Put them aside in a bowl.



Peel the carrots.



Cut off the carrot tops.



Grate the carrots. Or, if you prefer, cut the carrots into thin sticks (this is called julienning). Put them aside in another bowl.



Measure the bean sprouts.



Wash the herbs and set them aside for later. (You will use them as a garnish at the end.)



Practise your garlic peeling skills! Cut off the flat end of the garlic.



Carefully press the garlic clove under the flat side of the knife. Keep the sharp side away from you and keep your fingers up and out of the way.



The skin of the garlic should slip off easily.



Put the garlic cloves in the mortar.



Chop the stem off the chilli.



Slice the chilli length-ways.



Using the tip of the knife, scrape out the seeds. (The seeds are the hottest part of the chilli.)



Put the chilli in the mortar with the garlic cloves.

Note: Wash your hands and nails well after using chilli, because the chilli oil will stick to your fingers and will hurt, especially if it gets in your eyes.



Crush the garlic and the chilli together with the pestle. Push the pestle round and round the inside of the mortar so it mashes the garlic and chilli. It will look like a paste with red flecks in it.



Thinly slice the snake beans.



Cut the capsicum into thin slices.



Chop the bok choy or Asian greens into bite-sized pieces.



Chop the tofu or chicken into bite-sized pieces.



Crack the eggs into a large bowl.



Whisk the eggs, using a wire whisk.



Turn a burner on the stove to high heat.
Place a pot of water on the heat to boil.



When the water is boiling, cook the noodles
for 3–5 minutes, until they are flexible but
not sloppy. Turn off the heat.



Ask an adult to help you carefully drain the
noodles into a colander. Rinse them with cold
water to stop them cooking. Leave them in
the colander on the drainer to drain.



Shave the palm sugar.



Measure the palm sugar and set it aside in
a tiny bowl.



Measure the chilli sauce into another small bowl.

Set all your bowls of ingredients next to the stove.



Turn on the stove again, to medium–high heat.



Add the oil to the wok.



When the oil is hot, add the garlic and spring onion, and stir for 1 minute.



Add the tofu and stir-fry for 1 minute.



Add the bok choy or greens.



Add the bean sprouts. Stir-fry for 1 minute.



Add the snake beans.



Add the capsicum and stir-fry for 1 minute.



Add the palm sugar.



Add the chilli sauce, then mix all the ingredients together in the wok.



Tip the whisked eggs into the wok.

Stir without stopping for 30 seconds, to coat the ingredients with the egg.



Increase the heat to high, then add the cooked noodles.



Fry for 3 more minutes, stirring continuously.



Taste and add salt if needed.



Chop up the herbs.



Slice the limes into wedges.



Serve the mie goreng on a platter with herbs and lime as garnishes.